

Worthing & Surrounding Area's Fibro/ME Support Group



May Edition 2014 Written by Nichola edited by Simon

May meeting Tuesday 20 May.



We have a treat for you this month. Come and enjoy the evening and at the same time help your health by finding out about colour and how they can help you more than you think. Local colour consultant Ann Lawder will bring the effects and benefits of colour to life. You can participate in how colour affects our visual and emotional wellbeing. Come and be inspired.

I was a colour analysis back in my younger day and over the years have learnt that colour is used in a variety of health therapies that I have become qualified in and used. They have an amazing positive on not just your wellbeing but your over all health.

Day time Coffee Meet: Dates and details are on the last page of the newsletter. Next one May 28th.

Details of each meeting will be on the info board at each evening meeting.

Vitamin B12: <http://www.purebio.co.uk>

Vitamin B12 provides an enhanced ability to support neurological function. Methylcobalamin helps maintain healthy glutamate activity in the brain, providing support for healthy brain cell activity. Vitamin B12 promotes protein synthesis for healthy nerve cell maintenance. As a result, it has been shown to encourage healthy cognitive, emotional, and nerve function. Vitamin B12 contributes to normal energy-yielding metabolism and to normal homocysteine metabolism. Vitamin B12 also contributes to the reduction of tiredness and fatigue. It is essential for normal immune function and psychological function, and is essential in the production of red blood cells.

Adenosylcobalamin is an active form of B12, making it immediately available for use by the body. Adenosylcobalamin is the co-enzyme for the conversion of methylmalonyl-CoA to succinyl-CoA. This is a key reaction in one of the pathways of the citric acid cycle. It is therefore crucial to the normal process of gluconeogenesis. Vitamin B12 contributes to normal energy-yielding metabolism, to normal functioning of the nervous system and to normal homocysteine metabolism. Vitamin B12 also contributes to the reduction of tiredness and fatigue. It is essential for normal immune function and psychological function, and is essential in the production of red blood cells.

The benefits of Colour.



It was back in the 1980s that American colour and style guru, Mary Spillane, introduced the concept of colour analysis. That is matching clothes to skin tone. Soon it reached UK shores and her literary works soon revolutionised the way we looked and felt about our image. She introduced the seasonal palettes of Spring, Summer, Autumn and Winter. Spring and Autumn being warm tones, a greater inclusion of yellow, coral and browns. And then the cooler tones of Summer and Winter, Summer have soft pinks and muted colours whereas Winter skin suits much richer vibrant shades. In more recent times, colour has been recognised for its affect on our emotional wellbeing as much as our visual appearance. Numerology is a field of work that links colour with our birth chart. This identifies what colours we, individually, need around us. The day of birth being our Past, month our Present, the year of birth the Future and then an overall Soul Colour. A calculation is undertaken and a number is assigned to our Past, Present, Future and Soul, 1-9. Each number has a corresponding Chakra and Crystal. A Colour Reading practitioner explains what each colour says about us all, our personality traits in a positive way.

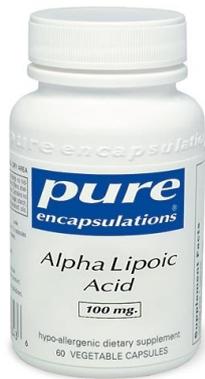
- 1: Ruby (Base, Strength and Grounding)
- 2: Carnelian (Sacral, Freedom and Creativity)
- 3: Citrine (Solar Plexus, Joy and Abundance)
- 4: Rose Quartz (Heart, Love Surrender)
- 5: Emerald (Heart, Balance and Protection)
- 6: Aquamarine (Throat, Truth and Integrity)
- 7: Lapis Lazuli (Brow, Clarity and Vision)
- 8: Amethyst (Crown, Calm Wisdom)

Yes coloured objects, oils, sprays lift our mood but also coloured crystals help to ease pain. Pain is a concentration of energy, so by diffusing that energy the experience of pain can often be lessened. Pain can be reduced in a variety of ways:

- 1) To ease emotional stress use pink, orange or yellow crystals at the sacral chakra (hips) or solar plexus (stomach) with the addition of violet crystals at the brow or crown chakra (forehead and above the head) to establish calm.
- 2) To bring cooling, quietening energy, place cool coloured stones, green, blue and violet on or near a painful or inflamed area. Blue light has been found to significantly reduce the pain of arthritis, longer the exposure the better the results.
- 3) To speed the repair of tissues ie pulled muscles and broken bones, place Rose Quartz on or around the affected area for healing.

For general healing and stress reduction, a crystal release is a good method to restore calm. Lie flat on a bed or couch and place three moonstones or three rose quartz crystals just above the pubic bond making a downward triangle below the navel. Close eyes and lie very still for as long as you wish. Feel the stress and high energy dissipate.

Nutrients And Natural Products: Alpha Lipoic Acid 100mg



Alpha lipoic acid is an exceptionally versatile nutrient; being both water and fat soluble, it is able to function in almost any part of the body. It is manufactured in the body, but not necessarily in the amounts necessary to perform its many functions.

Alpha lipoic acid is easily absorbed and readily passes through the blood brain barrier.

Also available in 200mg. 1-8 capsules daily, in divided doses, with meals. Content—each vegetable capsule contains: Alpha Lipoic Acid (thioctic acid), 100mg. Vitamin C 9as ascorbyl palmitate) 8mg. (Hypo-allergenic plant fibre added to complete capsule volume requirement).

Fibromyalgia Nutrition: Vitamins and Minerals are Critical By Dr Nasr

This fibromyalgia nutrition page covers which nutrients your muscles need in order to perform all their necessary functions. You will have the knowledge to build healthy muscles, at the cellular level, helping give you fibromyalgia symptom relief, naturally.

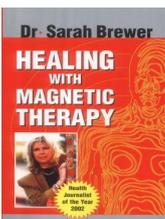
I know this is hard to believe, because it sounds too simple--just get the right nutrients into your muscles. This fibromyalgia nutrition information is from lectures by Dr Nasr, whose generous spirit is allowing me to pass his knowledge of nutrition on to you. You will find his incredible *education and advice below*.

The main job of your muscles is to provide movement. This could be moving your bones, moving your blood, or moving your food through your digestive system, but they all need to move. *Muscles live on blood*. Food travels to the muscle through the bloodstream and waste travels away from the muscles, again through the bloodstream.

One aspect of fibromyalgia nutrition is that the energy supply (food and oxygen) in the bloodstream has to get inside the muscle cell.

More in next edition.

Groups library: Book of the month:



Healing with Magnetic Therapy: By Doctor Sarah Brewer.

In her latest book, *Healing with Magnetic Therapy*, Dr Sarah Brewer, Health Journalist of the Year 2002, profiles the many uses of magnetic therapy in treating a broad range of common complaints. These include Arthritis. Menstrual pain. Jet lag. Travel sickness. Tension headaches. Sports injuries. Insomnia. RSI & many other health complaints.

Useful Website:

Fibromyalgia Magazine: <http://www.ukfibromyalgia.com>

Info on up to date health conditions. Harvard Medical School: <http://hms.harvard.edu/>

The Brain Boosting B-12: Hydroxocobalamin: <http://www.prohealth.com/>

We meet every third
Tuesday of the month.

6.30pm to 9pm

At

Ferring Baptist church Hall

Greystoke road Ferring

BN12 5JL

Dates for meetings

21st January

18th February

18th March

15th April

20th May

17th June

15th July

19th August

16th September

21st October

18th November

**No December
meeting.**

**Xmas Party to be
arranged.**

Copies of the Newsletter's are available on our

website to download, emailed or pick up a copy at our meetings.

www.fmswaws.org Email: fibromyalgiawaws@gmail.com

Helpline: 08448872394

Help

We are a group run by volunteers most with FMS/CFS and other medical conditions. We are dedicated to give support to each person that comes through our doors.

We are always looking for volunteers to help with the running of the meetings once a month. Please speak to anyone at the meeting if you would like to help.

Day time Meetings

Every third or fourth Wednesday of each month.

Lime's Café St Pauls, Nearly opposite Main Post office in Worthing.

12 midday for aprox 2hrs

March 26th: April 23rd: **May 28th**: June 25th:

July 23rd: Aug 27th: Sept 24th:

Oct 29th: Nov 26th: No meet in December

Do you want a Spiritual Oracle Reading

Call Tel: 08448872394

Simon Co Leader Tel: 07806 808862

Email: simon10pq@sky.com

Nichola Co Leader Tel: Helpline number 08448 872394

email fibromyalgiawaws@gmail.com

Christine Administrator Tel: 07934640814

email fibroworthing.chris@hotmail.co.uk

Pete MacKean Webmaster: 01903739596 Email: petemackean@sky.com

Disclaimer: Information in this newsletter does not necessary infer endorsement by the Worthing and surrounding area fibromyalgia syndrome support group. Any advice or recommendation of a medical or legal nature must always be discussed with a qualified professional.